

ATTACHMENT B

School Wellness Policy in Action Goals

The goals of the *School Wellness Policy in Action Mini-Grant Program* should support the implementation of the district's school wellness policy in creating a healthy school environment. Sample goals are listed below along with action steps to accomplish them. The goals and action steps are not meant to be exclusive; you are encouraged to implement goals that suit your school district's wellness needs. Please contact Montana Team Nutrition program for additional clarification on these goals. For questions call (406) 994-5641 or email kbark@mt.gov.

1. Support of a School Wellness Coordinator to Implement the Wellness Policy Plan

- For a sample position description of a School Wellness Coordinator (shared from the Great Falls School District) **see Attachment C.** This position should provide leadership for the school district's wellness or health advisory committee and should direct activities of the district wellness plan. For the purpose of the grant project, funds can be allocated to support a school wellness coordinator (part-time, full-time or contractor). Monthly time sheets or a log of hours and a brief description of work activities or work plan should be kept on file. The school district must ensure that the funds are used to direct the implementation or evaluation process of the school wellness policy plan.
- If applying for funds to support a school wellness coordinator position, be sure to include with the application: a description of their duties; how this position will be supported by the district; plan of work; and other details on how this position will function within the district.

2. Support Implementation of Sustainable Procedures or Strategies of the School Wellness Policy

There are numerous ways to implement a wellness policy to support school nutrition or foods offered throughout the school campus, nutrition education, physical activity, or other school wellness activities. Check out the following resources:

- *Montana School Wellness in Action Implementation Guide*
<http://www.opi.mt.gov/pdf/schoolfood/wellness/WellnessInActionGuide.pdf>
- *CDC's School Health Guidelines* <http://www.cdc.gov/mmwr/pdf/rr/rr6005.pdf>

Projects can fund a specific action step that addresses a topic like improving snack or beverage offerings, student classroom rewards, fundraising events that occur during the school day, to supporting professional development opportunities for staff on nutrition education, physical activity, or food service operations.

We encourage applicants to involve students in the implementation steps especially at the upper elementary, middle and high school levels. Like you, we recognize that the direct engagement of students will lead to more effective projects with direct impact on student wellness.

Food Service/Nutrition Suggestions Include:

- Support **professional development opportunities** for school nutrition program staff toward the preparation and service of healthy school meals and snacks.
- Develop and implement the new **USDA Smart Snacks** policy which ensures healthy snacks are the easy choice for students by creating nutrition standards for all foods and beverages sold on school campus during the school day. This policy affects a la carte program items, vending machines, student stores and fundraisers that occur during the school day. For more information go to this website: www.opi.mt.gov/smartsnackinschools
- Achieve healthy school recognition through applying for a **HealthierUS School Challenge Award or a Healthier Montana Menu Challenge Award**. See the web site listed above.
- **Expand your school breakfast program service options** through a breakfast in the classroom or grab-and-go breakfast program. Check out this website:
- Implement a **recess before lunch schedule** for elementary students. For more information go to the Web site: www.opi.mt.gov/recessbeforelunch
- **Create a Comfortable Cafeteria** for your students; For more information www.opi.mt.gov/pleasantmealtimes
- Incorporate **local foods into school meals, snacks or events**. For more information: visit this Web site: www.opi.mt.gov/Farm2School
- Create a **Smarter Lunchroom** by enhancing marketing efforts of healthy school meals, a la carte items, or snacks. See this link for additional ideas: www.smarterlunchrooms.org
- Support the education of staff, parents and community members on the value of the **USDA Commodity Foods**:
<http://www.fns.usda.gov/fdd/commodityfoodfacts.htm>

Nutrition Education Suggestions Include:

- Review and revise or procure **nutrition education curricula** to ensure they are consistent with the 2010 Dietary Guidelines for Americans and the USDA Choose My Plate (www.choosemyplate.gov).
- Support **professional development opportunities for educators** in the area of nutrition education. Contact Montana Team Nutrition for professional development workshops being offered in your area; or contact your county MSU Extension agent who may be able to provide a Nutrition Education for Teachers workshop (OPI or graduate credit); or consider online continuing education opportunities through MSU Extended University: <http://eu.montana.edu> (graduate credit classes).
- Incorporate **nutrition education** into the classroom or afterschool programs through age-appropriate lessons, taste tests or cooking classes to children.
- Enhance **garden-based nutrition education**. Check out curriculum resources at this Web site: www.opi.mt.gov/Farm2School

Strategies to Improve Physical Activity Include:

- Develop and implement **before- and after-school physical activity and intramural sport programs**. For more guidance, use the document provided by the National Association for Sport and Physical Education.
<http://www.shapeamerica.org/admin/loader.cfm?csModule=security/getfile&pageid=4575>
- Provide opportunities for physical activity leaders and other school staff to receive **professional development** on the principles of Comprehensive School Physical Activity Programs (CSPAP). Attend the MT Association for Health,

Physical Education, Recreation and Dance (SHAPEMT) Convention.

<http://www.mtahperd.org/>

- Support and **expand health enhancement/physical activity opportunities** for students. For information on a Recess in Action Program e-mail Arthur.miller@mso.umt.edu.
- Hold **professional development sessions** with teachers and staff to share ideas and resources for creating physically active classrooms. Check out these resources:
FuelUpToPlay60's In-School Activity Breaks Ideas:
<http://school.fueluptoplay60.com/tools/view.php?id=15749467>
JAM (Just-a-Minute) School Program
<http://www.healthetips.com/jam-program.php>
Action for Health Kids
<http://www.actionforhealthykids.org/what-we-do/programs/game-on/about-game-on/get-involved/640-brain-breaks-and-energizers>
Office of Public Instruction Mind and Body (grades K-6 resource)
http://www.opi.mt.gov/pdf/Health/07Mind_Body.pdf
- **Design sustainable healthy fundraising campaigns** that center around physical activity, such as walk-a-thons/bike-a-thons/jump-rope-a-thons, family obstacle course, teacher-student competitions, and tournaments. For these and more ideas visit <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisersf4.pdf>
- **Support the efforts of your school health wellness team.** Funds from a physical activity focused Team Nutrition grant can apply to reimbursing team members' time as they work on projects to improve physical activity among students and staff.

School Wellness Activities Include:

- Striving to obtain a **Healthy Schools Award** is a positive way to facilitate change in the school nutrition program, while strengthening support for nutrition education and physical activity for students. Contact Stenberg@montana.edu for more information on taking the *HealthierUS School Challenge* or the *Healthier Montana Menu Challenge*. For more information:
http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_6.
- Implement a **Farm-to-School Program** that addresses foods in the cafeteria, nutrition education and connecting children to the food producers in your community. To learn more: <http://www.opi.mt.gov/Farm2School>
- Initiate a **healthy local fundraising campaign**. Check out Montana Farm-to-School Fundraising Ideas at: www.opi.mt.gov/Farm2School
- Implement a **Healthy Habits Challenge** to engage students and families in practicing healthy lifestyle behaviors. Go to the following link for more information: www.opi.mt.gov/schoolwellness then go to Montana resource, and click on Healthy Habits Challenge.
- Motivate staff to be **healthy role models** by supporting employee wellness workshops or activities.
- Collaborate with **Montana Action for Healthy Kids** (Billings, Great Falls and Helena local teams) on supporting school districts in the implementation of school wellness plans www.actionforhealthykids.org or e-mail Stenberg@montana.edu

For more ideas check out the Montana Team Nutrition website

<http://www.opi.mt.gov/MTeamNutrition>